

## **SLIP-RESISTANT EXTREMITY COVERING AND METHOD THEREFOR**

### **FIELD OF THE INVENTION**

This invention relates generally to yoga and, more specifically, to a slip-resistant extremity covering dimensioned to fit snugly around an extremity of a person in order to enable a person to effectively and accurately practice proper yoga techniques without the danger of slipping or sliding due to perspiration.

### **BACKGROUND OF THE INVENTION**

Yoga is both a physical discipline as well as a Hindu philosophy. Although yoga often involves meditation and breathing exercises, the practice of yoga in the United States is focused mostly around distinct physical postures called "asanas." Yoga's physical benefits include: improved flexibility and muscle joint mobility; muscle building and toning; improved posture; relief of back pain; improvement of muscular-skeletal conditions; increased stamina; improved digestion and elimination; increased blood flow and circulation; and weight loss. Yoga also provides many non-physical benefits, such as improved spirituality and tranquility, stress-relief, and mental clarity.

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The popularity of yoga in the United States has more than tripled in the last decade. According to the Yoga Research and Education Center, more than 20 million people in America currently practice yoga. In order to achieve the many physical and non-physical benefits of yoga, one must accurately execute

the distinct physical postures or "asanas." The asanas require a person to manipulate his or her body in precise, and often physically demanding, postures. It is often the case that the exertion involved in practicing yoga leads to perspiration. In fact, some styles of yoga, known as "hot yoga" or "Bikram yoga", are done in rooms that are heated to over 100 degrees Fahrenheit in order to make muscles more flexible. "Hot yoga" as well as other forms of "extreme yoga" obviously result in an even greater amount of perspiration. The accumulation of perspiration on a person, on a yoga mat or on the floor can often cause a person to slip when trying to plant a hand, foot or other body part. Slipping not only prevents a person from effectively practicing the physical postures of yoga, but slippage can also result in injury.

Several attempts have been made at creating slip-resistant footwear and handwear for various applications. U.S. Patent 5,617,585 issued to Fons et al. Discloses a rubber soled slipper sock cured with liquid latex rubber. However, this and other prior art slip-resistant wear are thick and bulky, preventing the full range of motion needed for one's hands and feet in order to effectively practice the complex and physically demanding postures of yoga.

A need therefore existed for a slip-resistant extremity covering dimensioned to fit snugly over hands and feet of a person and at the same time capable of allowing a person to execute asanas and other yoga techniques without being encumbered by the covering and without slipping as a result of perspiration.

## SUMMARY OF THE INVENTION

An object of the present invention is to provide a slip-resistant extremity covering capable of fitting snugly around an extremity of a person while at the same time allowing a hand or foot a full range of movement.

It is a further object of the present invention to provide a method for practicing yoga capable of providing a person with a slip-resistant extremity covering that also allows a person to execute asanas and other yoga techniques without being encumbered by the covering and without slipping as a result of perspiration build-up.

## BRIEF DESCRIPTION OF THE PREFERRED EMBODIMENTS

In accordance with one embodiment of the present invention, a slip-resistant extremity covering for a person practicing yoga is disclosed, comprising, in combination, an extremity covering dimensioned to fit snugly around an extremity of a person, the extremity covering having a palmer surface and a dorsal surface, the extremity covering being constructed of a sufficiently malleable material so as to allow an extremity a full range of movement, and a slip-resistant material coupled to at least one of the palmer surface and the dorsal surface, the slip-resistant material having a low coefficient of friction while at the same time allowing the extremity a full range of movement while inside the extremity covering.

In accordance with another embodiment of the present invention, a method for practicing yoga is disclosed, comprising, in combination, the steps of providing an extremity covering dimensioned to fit snugly around an extremity of a person, the extremity covering having a palmer surface and a dorsal surface, providing a slip-resistant material coupled to at least one of the palmer surface and the dorsal surface, inserting an extremity of a person into the extremity covering, and practicing a yoga technique.

The foregoing and other objects, features, and advantages of the invention will be apparent from the following, more particular description of the preferred embodiments of the invention, as illustrated in the accompanying drawings.

#### BRIEF DESCRIPTION OF THE DRAWINGS

Figure 1a is a top, perspective view of one embodiment of the slip-resistant extremity covering of the present invention, showing an extremity covering dimensioned to fit snugly around a foot of a person.

Figure 1b is a bottom, perspective view of the slip-resistant extremity covering of Figure 1a, showing the palmer surface substantially covered with slip-resistant material.

Figure 2a is a top, perspective view of one embodiment of the slip-resistant extremity covering of the present invention, showing the extremity covering dimensioned to fit snugly around a foot of a person with a dorsal surface substantially covered with slip-resistant material.

Figure 2b is a bottom, perspective view of the slip-resistant extremity covering of Figure 2a, showing the palmer surface substantially covered with slip-resistant material.

Figure 3 is a top view of one embodiment of the slip-resistant extremity covering of the present invention, showing the extremity covering dimensioned to fit snugly around the hand of a person with a palmer surface substantially covered with slip-resistant material.

Figure 4 is a top view of one embodiment of the slip-resistant extremity covering of the present invention, showing the extremity covering dimensioned to fit snugly around the hand of a person with a palmer surface and a finger surface covered with a substantially ball-shaped slip-resistant material.

Figure 5 is a top view of one embodiment of the slip-resistant extremity covering of the present invention, showing the extremity covering dimensioned to fit snugly around the hand of a person with a palmer surface and a finger surface substantially covered with a substantially dumbbell-shaped slip-resistant material.

Figure 6 is a top view of one embodiment of the slip-resistant extremity covering of the present invention, showing the extremity covering dimensioned to fit snugly around the hand of a person with a palmer surface and a finger surface substantially covered with a substantially uniform slip-resistant material.

#### DETAILED DESCRIPTION OF THE PREFERRED EMBODIMENTS

Referring to Figures 1-6, reference numbers 10a, 10b, 10c, 10d, 10e, and 10f refer to different embodiments of the slip-resistant extremity covering (referred to generically as the slip-resistant extremity covering 10) of the present invention. The slip-resistant extremity covering 10 is for a person practicing yoga and comprises generically an extremity covering 12 dimensioned to fit snugly around an extremity of a person. The extremity covering 12 has a palmer surface 14 and a dorsal surface 16 and is constructed of a sufficiently malleable material so as to allow an extremity a full range of movement. A slip-resistant material (referred to generically as slip-resistant material 18) is coupled to at least one of the palmer surface 14 and the dorsal surface 16. The slip-resistant material 18 has a low coefficient of friction while at the same time allows the extremity a full range of movement while inside the extremity covering 12. Preferably, the extremity covering 12 is comprised of a breathable cotton-lycra type fabric that is made of an absorbent material capable of absorbing perspiration, although it should be clearly understood that substantial benefit could be derived from an alternative configuration of the extremity covering 12 in which an alternative material is used, such as some other type of breathable material, or a non-breathable material with ventilation apertures, so long as the extremity covering 12 comprises a slip-resistant material 18.

Referring now to Figures 1a-1b, reference number 10a refers to one embodiment of the slip-resistant extremity covering 10 for

a person practicing yoga of the present invention. The slip-resistant extremity covering 10a comprises an extremity covering 12a dimensioned to fit snugly around a foot 13 of a person. A slip-resistant material 18a, having a low coefficient of friction, is coupled to the palmer surface 14 of the extremity covering 12a. The slip-resistant material 18a, while preventing slippage, also allows the foot 13 a full range of movement to practice yoga techniques. The slip-resistant material 18a of the extremity covering 12a is comprised of a plurality of spaced-apart raised surfaces.

Referring now to Figures 2a-2b, reference number 10b refers to one embodiment of the slip-resistant extremity covering 10 for a person practicing yoga of the present invention. The slip-resistant extremity covering 10b comprises an extremity covering 12b dimensioned to fit snugly around a foot 13 of a person. A slip-resistant material 18b, having a low coefficient of friction, is coupled to both a palmer surface 14 and a dorsal surface 16 of the extremity covering 12b. The slip-resistant material 18b, while preventing slippage, also allows the foot 13 a full range of movement to practice yoga techniques. While, in the preferred embodiment, the slip-resistant material 18b of the extremity covering 12b and the slip resistant material 18a of the extremity covering 12a is comprised of a plurality of spaced-apart raised surfaces, it should be clearly understood that substantial benefit could be derived from an alternative configuration of the slip-resistant extremity coverings 10a and 10b in which the slip-resistant materials 18a and 18b comprise a

slip-resistant material 18 having another configuration, such as dumbbell-shaped, uniformly shaped, or some other configuration, so long as the slip-resistant material prevents slippage when a person is executing a yoga technique, while at the same time the slip-resistant material allows a person's foot 13 a full range of movement.

Referring now to Figure 3, reference number 10c refers to one embodiment of the slip-resistant extremity covering 10 for a person practicing yoga of the present invention. The slip-resistant extremity covering 10c comprises an extremity covering 12c dimensioned to fit snugly around a hand 15 of a person. A slip-resistant material 18c, having a low coefficient of friction, is coupled preferably to the palmer surface 14 (and in one embodiment also to a dorsal surface (not shown) of the extremity covering 12c). The slip-resistant material 18c, while preventing slippage, also allows the hand 15 a full range of movement to practice yoga techniques. The extremity covering 12c shown in Figure 3 shows a slip-resistant material 18c that is substantially dumbbell-shaped and concentrated only on a palm area of the hand 15, and not the fingers. However, it should be clearly understood that substantial benefit could be derived from an alternative configuration of the slip-resistant extremity covering 10c in which the slip-resistant material 18c is comprised of an alternative shape or configuration and/or covers the fingers area as well so long as the slip-resistant material prevents slippage when a person is executing a yoga technique,

while at the same time the slip-resistant material allows a person's hand 15 a full range of movement.

Referring now to Figures 4-6, reference numbers 10d, 10e and 10f refer to three similar embodiments of the slip-resistant extremity covering 10 for a person practicing yoga of the present invention. The slip-resistant extremity coverings 10d, 10e and 10f all comprise an extremity covering dimensioned to fit snugly around a hand 15 of a person. A slip-resistant material 18, having a low coefficient of friction, is coupled preferably to the palmer surface 14 (and in one embodiment also to a dorsal surface (not shown) of the extremity covering 12). The slip-resistant material 18, while preventing slippage, also allows the hand 15 a full range of movement to practice yoga techniques. The extremity covering 12d shown in Figure 4 shows a slip-resistant material 18d that is substantially ball-shaped, comprising a plurality of spaced-apart raised surfaces, and is concentrated both on a palm area of the hand 15 as well as the fingers. The extremity covering 12e shown in Figure 5 shows a slip-resistant material 18e that is substantially dumbbell-shaped, and is also concentrated both on a palm area of the hand 15 as well as the fingers. The extremity covering 12f shown in Figure 6 shows a slip-resistant material 18f that is substantially uniform in shape, and is also concentrated both on a palm area of the hand 15 as well as the fingers. However, it should be clearly understood that substantial benefit could be derived from an alternative configuration of the slip-resistant extremity coverings 10d, 10e and 10f in which the slip-resistant

material is comprised of an alternative shape or configuration and/or covers only the palm area and not the area of the fingers.

While the invention has been particularly shown and described with reference to preferred embodiments thereof, it will be understood by those skilled in the art that the foregoing and other changes in form and details may be made therein without departing from the spirit and scope of the invention.